



Preparing all youth and families  
to realize a brighter tomorrow.

## Caring for Kids CCRB Monthly News & Updates

September 2025

September marks **National Suicide Prevention Month**—a time to raise awareness, foster hope, and inspire meaningful action. Suicide affects individuals across all genders, races, and socioeconomic backgrounds. By speaking openly and honestly about mental health and suicide, we can offer a lifeline to those who may be silently struggling.

The **Community Needs Assessment** recently released by the CCRB revealed a troubling rise in youth suicides in St. Charles County. Even more alarming, a significant number of children reported seriously considering or planning suicide. Rates of self-injury among youth are also increasing. These findings are a wake-up call for our entire community.

In response, CCRB is partnering with the **St. Charles County System of Care** to take a deeper look at these trends and spark a community-wide conversation. Together, we aim to identify proactive, collaborative solutions to support our youth. While change takes time, we believe that with the expertise and commitment of our local providers, progress is not only possible—it's inevitable.

This month's newsletter includes valuable resources and information on suicide prevention, along with highlights of several **Partner Agencies** making a meaningful impact in this space. We invite you to be part of the solution by joining us at the **System of Care meeting in November**, where we'll explore actionable ways to support youth mental health and prevent suicide.

Let's work together to turn awareness into action—and hope into healing.



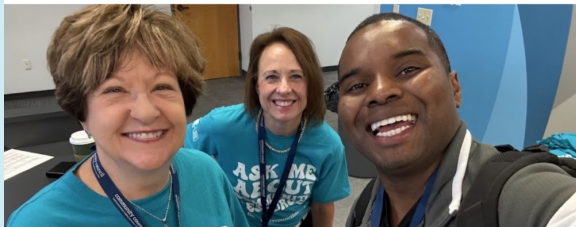
Melinda McAliney

EXECUTIVE DIRECTOR

✉ mmcaliney@sceekids.org



We were excited to host staff from 29 Partner Agencies at the **2026 Funding Cycle Kickoff** on August 27. CCRB staff reviewed the changes to our funding cycle process and then we celebrated with networking time and a deluxe make-your-own ice cream sundaes bar, complete with hot fudge, sprinkles, and whipped cream. A HUGE 'Thank You' to all who took time out of their busy schedules to attend.



**Above:** Kate Bolhofner, Louie the Bear, and Taylor at the Megan Meier Foundation Open House on Aug 13. Their new Counseling & Resource Center is beautiful and offers multiple



spaces for healing and connection.

**Left 1:** Staff attended the **Community Services Summit** hosted by Community Council of St. Charles County on Aug 14. They welcome over 400 youth mental health professionals and school support staff from across the region for a day of learning and connection.

**Left 2:** CCRB attended The Rome Group's annual Philanthropic Landscape event.

St. Charles County  
System of Care

## Looking Upstream for Suicide Prevention

NOVEMBER 5, 2025  
9:00-11:00 AM  
HOSTED BY F.A.C.T.

Youth mental health professionals and school counseling staff are invited to attend the November **St. Charles County System of Care** meeting for a conversation on suicide prevention. The presentation will include:

- Review current suicide data
- Panel discussion featuring prevention program providers
- Next steps in prevention

### Looking Upstream for Suicide Prevention: Not Getting to Suicide

November 5, 2025

9 AM to 11 AM

Hosted by F.A.C.T. - 2240 Bluestone Drive, St. Charles MO 63303

**Sign up** for the System of Care newsletter to stay informed about their monthly meetings.

## CCRB Board Meetings

The public and interested parties are invited to CCRB's monthly Board meeting on **September 22, 2025 at 8:30 AM**. The meeting is hosted by **Youth In Need**.

The meeting agenda is available 48 hours in advance at

<https://stcharlescountykids.org/about-our-meetings/>

COMMUNITY & CHILDREN'S  
RESOURCE BOARD

# BOARD MEETING

SEPTEMBER 22, 2025

🕒 8:30 AM

PUBLIC WELCOME

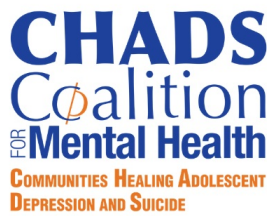
HOSTED BY  
Youth in Need  
1815 Boone's Lick Road  
St. Charles, MO 63301

# Services Spotlight

## Building Lifelines for Vulnerable Youth

CCRB's **2023 Community Needs Assessment** published in April highlighted emerging concerns around youth self-injury, suicide ideation, and suicide, along with more intense levels of youth mental health concerns. An alarming 8.9% of teens reported had "planned" a suicide attempt in the past year, while 12.9% had "seriously considered suicide." Self-injury rates increased to 21.5% in 2022 from 11.2%.

Our deep investment in prevention services ensures vital resources and support is available to *all* youth and their families in St. Charles County. Two CCRB Partner Agencies, Kids Under Twenty One and CHADS Coalition for Mental Health, offer a range of services to support youth approaching a crisis. Their dedicated, highly trained professionals foster awareness, encourage open dialogue, and inspire action to help prevent tragedy in our community.



**CHADS Coalition for Mental Health** trains students, parents, and adults on recognizing and preventing suicide with their evidence-based prevention program, **Signs of Suicide**. Youth learn the symptoms of depression, signs of suicide, and the importance of telling a Trusted Adult when they notice those warning signs in themselves or someone they know. The **Family Support Counseling Program** provides targeted, time limited counseling support to children and adolescents who are struggling with symptoms of anxiety, depression, or suicidal ideation.



**Kids Under Twenty One (KUTO)** offers behavioral wellness and suicide prevention education for youth aged 10-19 years and adult gatekeepers (educators, safety officers, caregivers). *The Suicide Safety* program aims to reduce youth suicide by promoting emotional health awareness, recognizing early signs of distress, and improving suicide prevention skills.

KUTO's *Crisis Helpline* (1-888-644-5886) is staffed by trained youth volunteers for peer-to-peer support and available after 4 PM each day.



111 Mexico Court, St. Peters, MO 63376  
Open 9 a.m. to 9 p.m. daily, including weekends & holidays

**1-833-356-2427**

# Funding Impact: Suicide Prevention in Action

by Compass Health Network

**Compass Health Network**, a CCRB Partner Agency, is leading the way in youth suicide prevention through their **Youth Behavioral Health Urgent Care** at 111 Mexico Court in St. Peters. Designed as a compassionate alternative to the Emergency Room, the center provides rapid, short-term stabilization for young individuals facing mental health crises, substance use concerns, or suicidal thoughts.

Unlike the hectic atmosphere of a hospital ER, Urgent Care offers a calm, supportive space staffed by professionals trained specifically in youth mental health. The focus is on immediate evaluation, stabilization, and creating a safe environment for both youth and their families. *More than 95% of clients who arrive in crisis are successfully stabilized and return home with support in place.* Services are provided at no cost, ensuring access is never a barrier during urgent situations.

Following a visit, families receive ongoing case management to connect with longer-term resources such as counseling, psychiatry, family support, and parenting programs. This holistic approach helps youth and their guardians move beyond crisis, laying the foundation for lasting recovery and resilience.

By bridging urgent care with continued support, Compass Health Network's Youth Behavioral Health Urgent Care is reducing suicide risk and building stronger futures for young people across our community.

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## 988 Lifeline: Prevention One Call at a Time

The **988 Suicide & Crisis Lifeline** provides free and confidential emotional support to people in suicidal crisis or emotional distress. 988 serves as a universal entry point so that no matter where you live in the United States, you can reach a caring, trained counselor who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crises
- Emotional distress

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need.

In 2021 and 2022,

- The U.S. had one death by suicide about every 11 minutes
- For people aged 10–14 and 25–34 years, suicide was the second-leading cause of death
- Suicide rates increased significantly among non-Hispanic Black & American Indian and Alaska Native people
- More than 950,000 youth aged 12-17 attempted suicide

Yet, there is hope. The 988 Lifeline helps thousands of people struggling to overcome suicidal crises or mental health-related distress every day. An average of 8,000 calls per month are routed to Missouri, a 13% increase over 2024. Since its launch in July 2022, 988 Lifeline has answered over 17M calls, texts, and chats from people in need of support across the US and its territories.

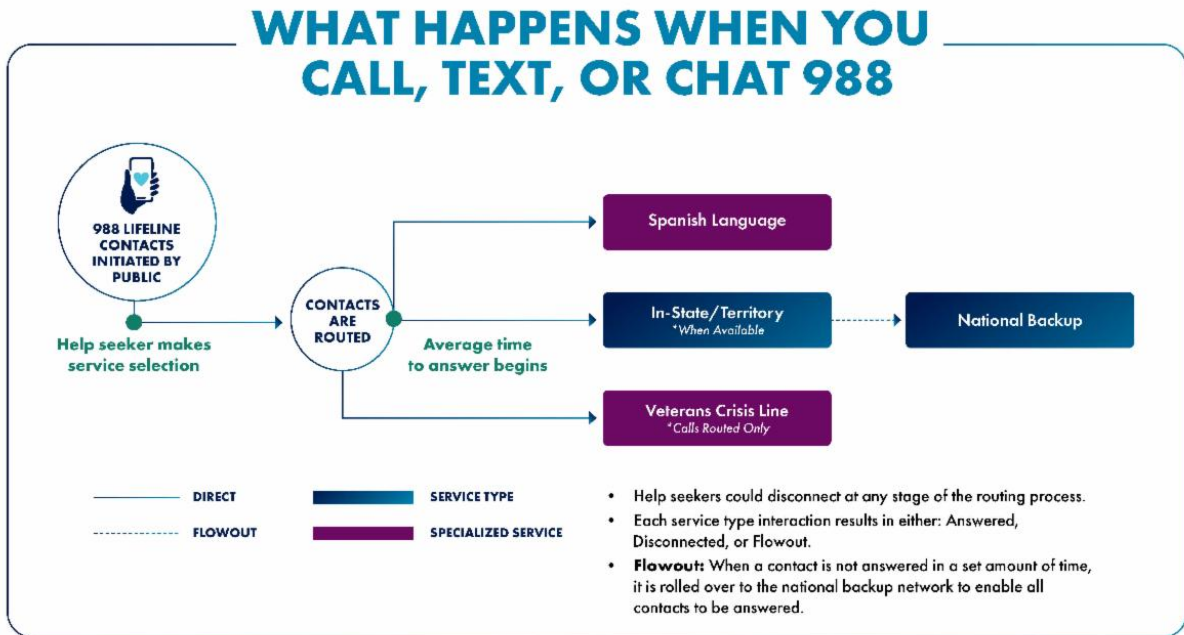
Studies have shown that callers feel less suicidal, depressed, overwhelmed, and more hopeful after connecting with a 988 Lifeline counselor and over 90% of people who attempt suicide go on to live out their lives.

There are urgent realities driving the need for crisis service transformation across our country. The 988 Lifeline is a national network of over 200 local, independent crisis centers equipped to help people via call, chat, or text 24/7, across the U.S. There are no fees or insurance

requirements to use 988. National sub-networks provide specialized support services to veterans, Spanish-language speakers, and people who are Deaf or Hard-of-Hearing.

In the longer term, the vision for 988 is to build a robust crisis care response system across the country that links people to community-based providers who can deliver a full range of crisis care services, if needed (like mobile crisis teams or stabilization centers), in addition to connecting people in need to tools and resources that will help prevent future crisis situations.

Source: <https://www.samhsa.gov/mental-health/988>



## Opportunities

## DMH Podcasts & Videos Support Youth Mental Health

Department of Mental Health's Children's Office Presents:



The **Missouri Department of Mental Health (DMH) Growing Healthy Communities** podcast helps parents and community members to better support youth in Missouri. Licensed professionals and individuals with lived experiences will present topics identified by parents, caregivers, and community members that address the needs of youth and families in Missouri.

[View the full list of topics and episodes](#)



At DMH, they believe all children are unique and should have unlimited opportunity to become healthy adults that meet their full potential. Children and families can learn skills that foster emotional, mental, social, academic and physical growth and healing. **StrengtheningMOFamilies** is an animated public education series to help Missouri's families understand important building blocks like resilience, caregiver-child connection, social-emotional learning and more.



## Addressing Suicide in Kids & Teens in the Age of A.I.

Suicide is the second leading cause of death for young people in the U.S., a heartbreaking reality that too many families face, and navigating suicide is considerably more complex in the age of AI.

Dr. Chelsey Wilks will lead a free webinar for parents, caregivers, and anyone who loves or works with kids and teens. Topics covered include:

- The latest trends in youth suicide with a focus on social media and AI
- Common risk factors and warning signs in children and teens
- How to talk to your child about suicide
- What to do in a crisis and how to find help

Many people have kids, nieces/nephews, students, or loved ones who may be struggling. Knowing how to have these conversations and what steps to take can make all the difference.

- ☐ **Friday, Sept 19 at 11 AM to 12 PM CST**
- ☐ **[Register here](#)**

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## Moving Suicide Prevention Upstream

FROM CONCEPT TO ACTION

A new resource has been published by the **National Action Alliance for Suicide Prevention** titled ***Moving Suicide Prevention Upstream***. This comprehensive document outlines strategies for implementing upstream approaches to suicide prevention and provides actionable steps for mental health providers, community organizations, government agencies, suicide prevention coalitions, and others working to address suicide.

Developed to strengthen alignment across sectors, the resources promote shared language, foster a common understanding of upstream suicide prevention, and encourage coordinated action. They also support building partnerships, assessing community strengths and gaps, and expanding awareness of prevention strategies that address the social, economic, and environmental factors contributing to suicide risk.

To explore this and other helpful resources, visit the Action Alliance website: **[www.theactionalliance.org](http://www.theactionalliance.org)** and join their email list.



## Virtual Town Hall

# Breaking Barriers and Building Bridges

## Part 2 - Breaking the Silence: Suicide Awareness in Black/African Ancestry Communities

Tuesday, September 23, 2025

3–4 p.m. ET



*Virtual Town Hall Series: Breaking Barriers and Building Bridges*

## Breaking the Silence: Suicide Awareness in Black/African Ancestry Communities

**Tuesday, September 23, 2025**  
**2:00 – 3:00 p.m. CST**

Suicide is a growing public health crisis, particularly within Black/African ancestry communities. Suicide is the second leading cause of death for youth ages 10 to 14. For Black youth ages 10 to 24, it was the third leading cause of death in 2021. Alarming, the suicide rate for non-Hispanic Black individuals increased by 58% between 2011 and 2021. Despite these trends, stigma, systemic inequities, and a lack of access to culturally responsive care continue to create barriers to healing and silence those who are struggling.

Join NAMI for a powerful conversation with experts Victor Armstrong, MSW, of **American Foundation for Suicide Prevention**, Dr. Rosalynn Thyssen, Assistant Professor and founder of **Traeh Thyssen Have A HearT Foundation**, and Dr. Sidney Hankerson, Associate Professor and Project Leader for **TRIUMPH**, who bring deep expertise, lived experience, and community-based perspectives to the issue of suicide in Black/African Ancestry communities.

This Virtual Town Hall is hosted by **NAMI's Community Health Equity Alliance (CHEA)**, an initiative focused on community-informed solutions to improve access to culturally responsive care for Black/African ancestry adults with serious mental illness. CHEA partners with leaders in mental health advocacy, faith, civic, and healthcare sectors to advance trusted, equitable care at the state and local levels. For more information, please visit [chea.nami.org](https://chea.nami.org) or email [chea@nami.org](mailto:chea@nami.org)



## Human Trafficking Awareness Conference Opportunity

Join **Gateway Alliance against Human Trafficking** for a hybrid conference, **Unmasking Human Trafficking: Prevention, Collaboration, and Empowerment Conference**. This dynamic event brings together mental health professionals and community leaders to confront the evolving challenges of human trafficking.

Oct 16, 2025 3-5 PM - Virtual Kickoff  
Oct 17, 2025 8 AM to 1 PM - In-person  
St. Louis, MO 63131, USA

The conference will spotlight:

- The latest online tactics used by traffickers
- Legal and immigration updates
- Actionable strategies for prevention and response

Presentation topics include:

- *AI, Sextortion, and Child Safety: Emerging Tactics in Child Trafficking and Exploitation* (Speaker: Andy Komaski; The National Center for Missing & Exploited Children)
- *Unveiling the Hidden Crisis: Human Trafficking Awareness, Trends, and Local Realities* (John Fenner Jr., Police Officer, Lake St. Louis, MO, PD)

Through expert-led presentations and meaningful networking opportunities, attendees will gain essential tools to identify and address exploitation—and earn valuable certifications along the way.

Register Today!

# United for Neurodiversity

EMPOWER • EDUCATE • ADVOCATE

October 25, 2025 | 8:30 AM - 1 PM | 3998 Mid Rivers Mall Dr, St. Peters, MO 63376



presented by



United Services  
for Children



**United for Neurodiversity** is a bold new conference bringing families, professionals, and advocates together to build inclusive communities where neurodivergent children thrive. Presented by **United Services for Children**, the conference is the organization's signature 50th anniversary initiative, reflecting their continued leadership in early childhood inclusion.

October 25, 2025  
8:30 AM to 1:00 PM  
St. Peters, MO

**Registration** is open and **sponsorship opportunities** are available for businesses and community members.



# School Anxiety, Avoidance, and Refusal Workshop

Many students bound into school each day, eager to see their friends and liking many of their classes and teachers. Others don't exactly "bound in," per se, but they come. They understand that school is, simply, *what you do*.

Finally, there are those students who refuse to come to school willingly. These are students who consume a disproportionate amount of time from staff. They often leave their parents willing to try almost anything to get the morning battles to stop. This workshop provides strategies for school professionals to help these students and their families.

**DATE:** Thursday, Sept 25, 2025, 12:00 - 3:00 PM

**LOCATION:** West County Psychological Associates, St. Louis

CEUs available

Space is limited. Register by September 23. Questions? Contact Amy Maus at (314) 275-8599 or [amymaus@wcpastl.com](mailto:amymaus@wcpastl.com).

[Register Today!](#)

The graphic features a purple background with white and blue text. At the top, it reads "STL Regional Suicide Prevention Coalition". Below this, it says "Upcoming Meetings" and includes a Zoom logo with the text "Zoom Register on our website". Three meeting dates are listed in blue rounded rectangles: "Oct 9th 9 am Coalition Updates & Committee Breakouts", "Nov 13th 9 am Community Speaker & Coalition Updates", and "Dec 11th 9 am Coalition Updates & Committee Breakouts". A small circular logo for the coalition is in the bottom right corner, along with the website "www.stlsuicideprevention.com".

The **St. Louis Regional Suicide Prevention Coalition** meets monthly on the second Thursday at 9 AM. Interested parties are invited to attend. Dates for the remainder of the year are:

- Oct 9, 2025 09:00 AM
- Nov 13, 2025 09:00 AM
- Dec 11, 2025 09:00 AM

Questions?? Contact Hannah Schleicher at [hannah.schleicher@umsl.edu](mailto:hannah.schleicher@umsl.edu).

**Register to attend**

The flyer has a dark blue top section with the Francis Howell School District logo and the text "2025 COMMUNITY RESOURCE FAIR". Below this, it says "Learn about the supports and resources available for individuals with disabilities!". The middle section is yellow and contains the text "Discover Support and Services for All Ages" and "Francis Howell North High School". The bottom section is white and contains contact information for Joseph Henke, including a phone number and email address.

Francis Howell School District is excited to host its annual **Community Resource Fair** on Saturday, December 13, 2025, at Francis Howell North in St. Peters.

The event will be held in conjunction with the Special Olympics basketball tournament and will be open to the public from 10:00 am – 1:00 pm.

Vendors are wanted to provide resources to families. Contact Joseph Henke at 636.851.4034 or by email [joseph.henke@fhdschools.org](mailto:joseph.henke@fhdschools.org) with any questions. **Register here**

Using a voter-approved 1/8 cent sales tax, the **Community and Children's Resource Board (CCRB)** funds local nonprofits to provide essential mental health and substance use treatment services for



[About CCRB](#)  
[Contact Us](#)



children 19 years of age or younger in St. Charles County. Our mission is to build and sustain a comprehensive system of services for children and families in need, preparing them for a brighter future.

CCRB-funded programs and services aim to:

- Improve child emotional and mental wellbeing
- Strengthen and stabilize children and families
- Respond to the shifting mental health needs of youth

Over the past two decades, key indicators of youth and family health in St. Charles County have shown positive changes. We are committed to continuing our investment in effective mental and behavioral health services. Together, we are creating a community where every child and family can thrive.

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